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Dan Ariely: How to change your behavior for the better | TED Talk

https://www.ted.com/talks/dan_ariely_how_to_change_your_behavior_for_the_better

Advanced Words Only

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Session 1: Word List

beard

n. hair that grows on a man's face, often around the mouth and chin

synonym : facial hair, whiskers, stubble

(1) a black **beard**, (2) shave my **beard**

He grew a thick **beard** to change his appearance.

scar

n. a mark that remains on the skin after a wound has healed

synonym : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

symmetrical

adj. having similarity in size, shape, and relative position of corresponding parts

synonym : harmonious, balanced, proportional

(1) **symmetrical** triangle, (2) **symmetrical** pattern

This figure is **symmetrical** about the x-axis.

meta

adj. pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements

synonym :

self-referential, introspective, recursive

(1) **meta-analysis**, (2) **meta-language**

The **meta** description of a website is an important element for search engine optimization.

humanly

adv. in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish

synonym: physically, mundanely, practically

(1) **humanly** possible, (2) **humanly** acceptable

It is **humanly** difficult to understand why some people choose to harm others for no reason

stride

v. to walk with long steps in a particular direction; (noun) an important and positive progress

synonym: step, walk, march

(1) **stride** across a room, (2) **stride** down a slope

She **strides** confidently across the stage to accept her award.

aerodynamics

n. the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars

synonym: aeromechanics, aeronautics, airflow

(1) **aerodynamics** research, (2) **aerodynamics** design

The **aerodynamics** of the car allowed it to glide smoothly through the air.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym: thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

confound

v. to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical

synonym: confuse, mix up, perplex

(1) **confound** right and wrong, (2) **confound** the problem
The unexpected events **confounded** the scientists, who had to rethink their hypothesis.

brainstorming

n. a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas

(1) **brainstorming** session, (2) do a **brainstorming** about a new product

Many companies employ **brainstorming** as a good way of generating innovative ideas.

slum

n. a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect

synonym: shantytown, slumdwelling, ghetto

(1) **slum** area, (2) **slum** dwellers

The government needs to invest more in affordable housing options to reduce the number of people living in **slums**.

shilling

n. a former British unit of currency, equal to one-twentieth of a pound; the act of promoting or advertising something, especially in a deceptive or misleading way

synonym: bob, coin, currency

(1) sixpence and a **shilling**, (2) ten **shillings**

I found an old **shilling** coin while cleaning out my grandfather's attic.

Jewish

adj. of or relating to people whose traditional religion is Judaism

synonym: Judaic

(1) **Jewish** history, (2) **Jewish** culture

My friend is a **Jewish** woman who celebrates Hanukkah every year.

aversion

n. a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion

towards something or someone unpleasant

synonym : dislike, loathing, repulsion

(1) **aversion** therapy, (2) strong **aversion**

Her **aversion** to snakes made her avoid the reptile exhibit at the zoo.

hut

n. a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud

synonym : shack, cabin, cottage

(1) shepherd's **hut**, (2) fishing **hut**

The little girl lived in a small **hut** in the woods with her family.

irrational

adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers

synonym : illogical, ludicrous, senseless

(1) an **irrational** request, (2) **irrational** numbers

They continued to endure **irrational** treatment by the dictatorship.

ceremonious

adj. marked by formal or elaborate procedures, rituals, or observances, often relating to religious or cultural events

synonym : formal, ritualistic, stiff

(1) **ceremonious** reception, (2) **ceremonious** occasion

The wedding reception was a **ceremonious** affair, with guests dressed in formal attire and a grand entrance by the newlyweds.

breadwinner

n. the member of a family who earns money to support the others

(1) family **breadwinner**, (2) two- **breadwinner** couple

Many women are now their families' primary **breadwinners**.

kerosene

n. a flammable, colorless, or pale yellow liquid derived from the distillation of petroleum, used as a fuel for lamps, stoves, and heaters

synonym :

fuel oil, lamp oil, coal oil

(1) **kerosene** stove, (2) burning **kerosene**

The lamp in the cabin burned **kerosene** for light.

intuition

n. the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

synonym: instinct, gut feeling, sixth sense

(1) creative **intuition**, (2) **intuition** research

Some studies suggest that people's **intuitions** can be influenced by their experiences and biases.

mislead

v. to cause someone to believe something that is not true

synonym: misinform, delude, belie

(1) **mislead** him into trusting her, (2) **mislead** the enemy

Our troops pulled back to **mislead** the enemy.

Session 2: Spelling

1. aer_____ics design *n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
2. do a bra_____ing about a new product *n.* a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas
3. sixpence and a sh_____ng *n.* a former British unit of currency, equal to one-twentieth of a pound; the act of promoting or advertising something, especially in a deceptive or misleading way
4. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
5. in_____on research *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why
6. irr_____al numbers *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
7. bra_____ing session *n.* a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas

ANSWERS: 1. aerodynamics, 2. brainstorming, 3. shilling, 4. excite, 5. intuition, 6. irrational, 7. brainstorming

8. burning ke____ne *n.* a flammable, colorless, or pale yellow liquid derived from the distillation of petroleum, used as a fuel for lamps, stoves, and heaters
9. two-bre_____er couple *n.* the member of a family who earns money to support the others
10. hu_____y possible *adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
11. cer_____us reception *adj.* marked by formal or elaborate procedures, rituals, or observances, often relating to religious or cultural events
12. av_____on therapy *n.* a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant
13. ten sh_____ngs *n.* a former British unit of currency, equal to one-twentieth of a pound; the act of promoting or advertising something, especially in a deceptive or misleading way
14. Je____h history *adj.* of or relating to people whose traditional religion is Judaism
15. strong av_____on *n.* a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant
16. sym_____al pattern *adj.* having similarity in size, shape, and relative position of corresponding parts

ANSWERS: 8. kerosene, 9. breadwinner, 10. humanly, 11. ceremonious, 12. aversion, 13. shilling, 14. Jewish, 15. aversion, 16. symmetrical

17. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
18. co_____nd the problem *v.* to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical
19. carry a s__r *n.* a mark that remains on the skin after a wound has healed
20. fishing h_t *n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud
21. m__a-analysis *adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
22. ke_____ne stove *n.* a flammable, colorless, or pale yellow liquid derived from the distillation of petroleum, used as a fuel for lamps, stoves, and heaters
23. cer_____us occasion *adj.* marked by formal or elaborate procedures, rituals, or observances, often relating to religious or cultural events
24. Je___h culture *adj.* of or relating to people whose traditional religion is Judaism
25. co_____nd right and wrong *v.* to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical

ANSWERS: 17. excite, 18. confound, 19. scar, 20. hut, 21. meta, 22. kerosene, 23. ceremonious, 24. Jewish, 25. confound

26. mi____d the enemy *v.* to cause someone to believe something that is not true
27. shepherd's h_t *n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud
28. an irr_____al request *adj.* not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
29. s__m area *n.* a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect
30. hu_____y acceptable *adv.* in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish
31. st___e across a room *v.* to walk with long steps in a particular direction; (noun) an important and positive progress
32. shave my be__d *n.* hair that grows on a man's face, often around the mouth and chin
33. s__m dwellers *n.* a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect
34. creative in_____on *n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

ANSWERS: 26. mislead, 27. hut, 28. irrational, 29. slum, 30. humanly, 31. stride, 32. beard, 33. slum, 34. intuition

35. mi____d him into trusting her *v.* to cause someone to believe something that is not true
36. m__a-language *adj.* pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
37. sym_____al triangle *adj.* having similarity in size, shape, and relative position of corresponding parts
38. st___e down a slope *v.* to walk with long steps in a particular direction; (noun) an important and positive progress
39. a black be__d *n.* hair that grows on a man's face, often around the mouth and chin
40. aer_____ics research *n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
41. burn s__r *n.* a mark that remains on the skin after a wound has healed
42. family bre_____er *n.* the member of a family who earns money to support the others

ANSWERS: 35. mislead, 36. meta, 37. symmetrical, 38. stride, 39. beard, 40. aerodynamics, 41. scar, 42. breadwinner

Session 3: Fill in the Blanks

1. The _____ description of a website is an important element for search engine optimization.
adj. pertaining to or involving a higher or more abstract level of analysis, interpretation, or self-reference, often used to describe aspects of gaming, social media, or other online communities that involve self-conscious or self-referential elements
2. Many women are now their families' primary _____.
n. the member of a family who earns money to support the others
3. They continued to endure _____ treatment by the dictatorship.
adj. not based on, or not using reason or clear thinking; (mathematics) a real number that cannot be expressed as the ratio of two integers
4. I found an old _____ coin while cleaning out my grandfather's attic.
n. a former British unit of currency, equal to one-twentieth of a pound; the act of promoting or advertising something, especially in a deceptive or misleading way
5. The unexpected events _____ the scientists, who had to rethink their hypothesis.
v. to confuse or perplex; to mix up or throw into disorder; to prove to be false or illogical
6. The news of her promotion _____ her.
v. to make someone feel suddenly enthusiastic or eager
7. It is _____ difficult to understand why some people choose to harm others for no reason
adv. in a way that is characteristic of or relating to human beings; in a way that is possible for humans to achieve or accomplish

ANSWERS: 1. meta, 2. breadwinners, 3. irrational, 4. shilling, 5. confounded, 6. excited, 7. humanly

8. The government needs to invest more in affordable housing options to reduce the number of people living in _____.
- n.* a heavily populated urban area characterized by poor, run-down housing and infrastructure, often associated with poverty and social neglect
9. The _____ of the car allowed it to glide smoothly through the air.
- n.* the study of the motion of air, particularly its interaction with solid objects moving through it, such as aircraft or cars
10. Even after the wound has healed, a _____ remains.
- n.* a mark that remains on the skin after a wound has healed
11. He grew a thick _____ to change his appearance.
- n.* hair that grows on a man's face, often around the mouth and chin
12. Her _____ to snakes made her avoid the reptile exhibit at the zoo.
- n.* a strong dislike or reluctance towards something or someone; a feeling of extreme distaste or aversion towards something or someone unpleasant
13. The wedding reception was a _____ affair, with guests dressed in formal attire and a grand entrance by the newlyweds.
- adj.* marked by formal or elaborate procedures, rituals, or observances, often relating to religious or cultural events
14. Some studies suggest that people's _____ can be influenced by their experiences and biases.
- n.* the ability to understand or know something without reasoning or evidence; a feeling that guides a person to do or believe something without fully understanding why

ANSWERS: 8. slums, 9. aerodynamics, 10. scar, 11. beard, 12. aversion, 13. ceremonious, 14. intuitions

15. Many companies employ _____ as a good way of generating innovative ideas.
- n.* a group activity or business method in which a group of people meet and think about something at the same time to solve a problem or to create good ideas
16. This figure is _____ about the x-axis.
- adj.* having similarity in size, shape, and relative position of corresponding parts
17. My friend is a _____ woman who celebrates Hanukkah every year.
- adj.* of or relating to people whose traditional religion is Judaism
18. The lamp in the cabin burned _____ for light.
- n.* a flammable, colorless, or pale yellow liquid derived from the distillation of petroleum, used as a fuel for lamps, stoves, and heaters
19. The little girl lived in a small ____ in the woods with her family.
- n.* a small, simple, and often crude shelter or dwelling, typically made of natural materials such as wood or mud
20. She _____ confidently across the stage to accept her award.
- v.* to walk with long steps in a particular direction; (noun) an important and positive progress
21. Our troops pulled back to _____ the enemy.
- v.* to cause someone to believe something that is not true

ANSWERS: 15. brainstorming, 16. symmetrical, 17. Jewish, 18. kerosene, 19. hut, 20. strides, 21. mislead